



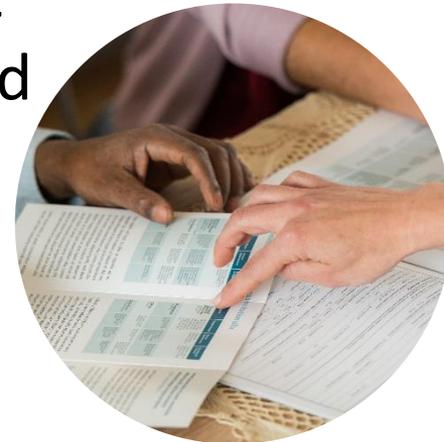
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USDA Center for Nutrition
Policy and Promotion

October 22, 2019



About the Dietary Guidelines

- The *Dietary Guidelines for Americans* serves as the cornerstone of federal nutrition programs and policies, providing food-based recommendations to help prevent diet-related chronic diseases and promote overall health.
- According to the National Nutrition Monitoring and Related Research Act of 1990, the *Dietary Guidelines* is mandated to reflect the preponderance of scientific evidence, and is published jointly by USDA and HHS every five years.



2020-2025 Dietary Guidelines for Americans

USDA and HHS are committed to ensuring that our process to develop the *2020-2025 Dietary Guidelines for Americans* is transparent, inclusive, and science-driven.



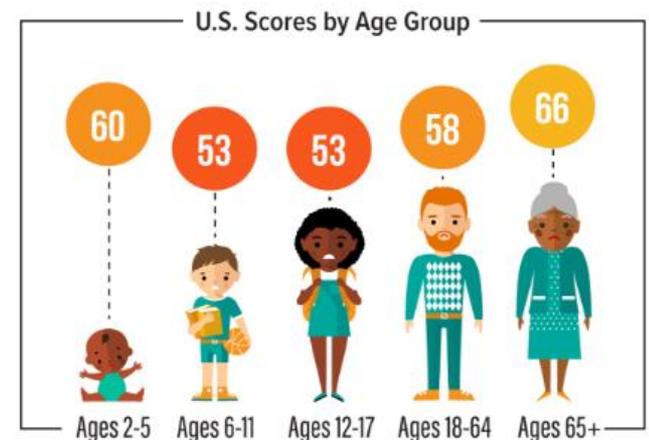
Importance of the Dietary Guidelines

How Healthy Is the American Diet?



The Healthy Eating Index Score

shows that Americans do not align their eating choices with the Dietary Guidelines.
(on a scale from 0-100)



Data source for Healthy Eating Index scores: What We Eat in America, National Health and Nutrition Examination Survey (undated data are from 2013-2014).

Americans do not follow the Dietary Guidelines.

Importance of the Dietary Guidelines

Q: Isn't the Dietary Guidelines the reason Americans are unhealthy?

A: *The vast majority of people in the U.S. are not eating according to the Dietary Guidelines.*

Research indicates that higher HEI scores are associated with lower risk for cardiovascular disease, diabetes, and certain cancers – and better health for those with diet-related diseases.



The Healthy Eating Index Score

shows that Americans do not align their eating choices with the Dietary Guidelines.
(on a scale from 0-100)



Importance of the Dietary Guidelines

Journal of the Academy of Nutrition and Dietetics

The premier source for the practice and science of food, nutrition, and dietetics



RESEARCH
Original Research



Health Economic Evaluation Modeling Shows Potential Health Care Cost Savings with Increased Conformance with Healthy Dietary Patterns among Adults in the United States

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ARTICLE INFORMATION

Article History:
Submitted 26 March 2018
Accepted 1 October 2018

Keywords:
Chronic health outcomes
Costs and cost analysis
Dietary patterns
Healthy Eating Index
Mediterranean Diet

2018-06-27 Copyright © 2018 by the Academy of Nutrition and Dietetics. This is an open access article under the CC BY-NC-ND license (<http://creativecommons.org/licenses/by-nc-nd/4.0/>).
<http://dx.doi.org/10.1016/j.jand.2018.10.002>

ABSTRACT

Background: Many American adults have one or more chronic diseases related to a poor diet, resulting in significant direct and indirect economic impacts. The 2015–2020 Dietary Guidelines for Americans (DGA) recognized that dietary patterns may be more relevant for predicting health outcomes compared with individual diet elements and recommended three healthy patterns based on evidence of favorable associations with many chronic disease risk factors and outcomes. Health economic assessments provide a model to estimate the potential influence on costs associated with changes in chronic disease risk resulting from improved diet quality in the US adult population.

Objective: To estimate the impact on health care costs associated with increased conformance with the three healthy patterns recommended in the 2015–2020 DGA, including the Healthy US-style, the Healthy Mediterranean-style, and the Healthy Vegetarian eating patterns.

Methods: Recent meta-analyses of high-quality meta-analyses of health outcomes associated with increased conformance with the Healthy US-style eating pattern as measured by the Healthy Eating Index (HEI) or the Healthy Mediterranean-style eating pattern measured by a Mediterranean diet score (MED) were identified. Given the lack of quantification of the association between an increased conformance with a vegetarian pattern and health outcomes, the analysis was limited to studies that evaluated Healthy US-style and Healthy Mediterranean-style eating patterns. The 2013–2014 What We Eat in America data provided estimates of conformance with these two eating patterns using the HEI-2015 and the 9-point MED among the US adult population. Risk estimates quantifying the association between eating patterns and health outcomes were combined with the eating pattern score increase under two conformance scenarios: increasing the average HEI-2015 and MED by 20% and increasing the average HEI-2015 and MED to achieve 80% of complete conformance. The resulting change in risk was combined with published data on annual health care and indirect costs, inflated to 2017 US dollars to estimate cost. To address double counting, costs were adjusted to minimize potential overlap of comorbidities.

Results: Overall modeled cost savings were \$16.7 billion (range—\$6.7 billion to \$25.4 billion) to \$31.5 billion (range—\$23.9 billion to \$38.9 billion) based on a 20% increase in the MED and HEI-2015, respectively, resulting from reductions in cardiovascular disease, cancer, and type 2 diabetes for both patterns, and including Alzheimer's disease and hip fractures for the MED. In the case that diet quality of US adults were to improve to achieve 80% of the maximum MED and HEI-2015, cost savings were estimated at \$88.2 billion (range—\$35.7 billion to \$133 billion) and \$55.1 billion (range—\$41.8 billion to \$68.2 billion), respectively.

Conclusions: This is the first study quantifying savings from all health outcomes identified to be associated with the HEI and the MED to assess conformance with two eating patterns recommended as part of the 2015–2020 DGA. Findings from this study suggest that increasing conformance with healthy eating patterns among US adults could reduce costs, with billions of dollars in potential savings.

J Acad Nutr Diet. 2018;18:1–11.

Scientific peer-reviewed paper describing estimated economic impact of the 2015-2020 Dietary Guidelines of Americans with respect to health care costs.

If

HEI-2015 score of 71
(20% improvement)



Then

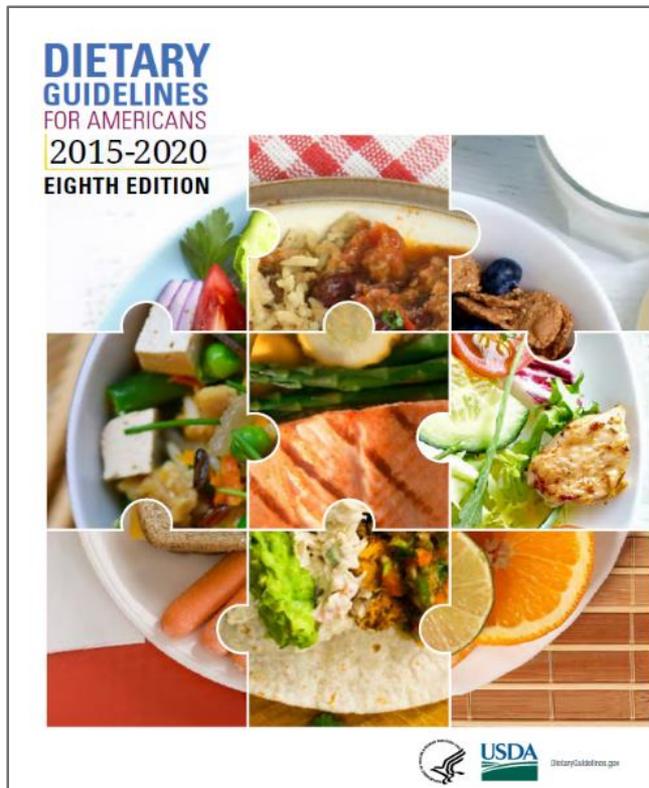
Estimated **\$31.5 billion savings annually** from reductions in cardiovascular disease, cancer and type 2 diabetes

HEI-2015 score of 80



Estimated **\$55.1 billion savings annually** from reductions in cardiovascular disease, cancer and type 2 diabetes

About the Dietary Guidelines



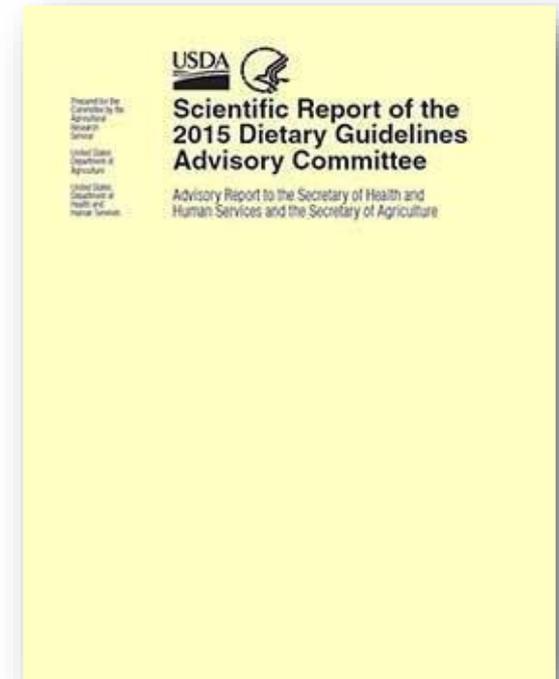
Current edition:

- *2015-2020 Dietary Guidelines for Americans*
- Released in January 2016
- Remains the current edition until the 2020-2025 edition is released

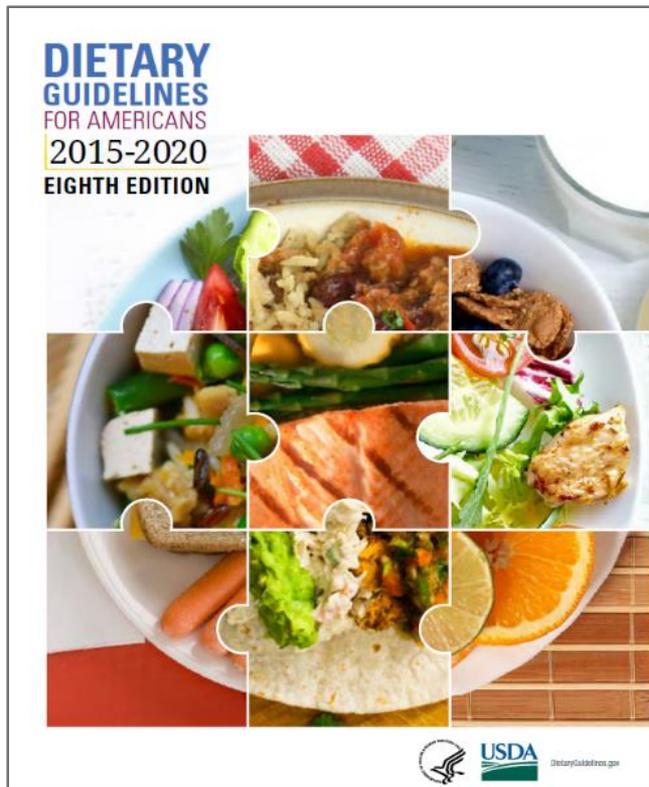
Process to Update the Dietary Guidelines

Step 1: Review of the science by a Federal advisory committee.

- USDA/HHS convene a Dietary Guidelines Advisory Committee.
- The Committee is a group of external scientific experts, jointly agreed upon by the Secretaries of USDA and HHS.
- The Committee conducts an independent review of the current scientific evidence and submits a report of its findings to the Secretaries.
- The scientific report is then posted for public and Federal agency review and comment.



Process to Update the Dietary Guidelines



Step 2: USDA and HHS write the *Dietary Guidelines for Americans*.

- Each edition of the *Dietary Guidelines* that USDA and HHS develop builds upon the previous edition, with scientific justification for changes informed by the Committee's scientific report – along with input from Federal agencies and the public.

Process to Update the Dietary Guidelines: Current Status

Q: Is the process to develop the Dietary Guidelines running late?

A: The 2020 Committee is starting later than the 2015 Committee, but it is starting at a different point in the process. For the first time, the Committee is starting with the defined topics and scientific questions. This puts them farther along in the process than when previous Advisory Committees started their work.

Our goal is to publish the *2020-2025 Dietary Guidelines for Americans* by the end of 2020.



Process to Update the Dietary Guidelines: Process

Topics and Supporting Questions

USDA and HHS posted proposed topics and questions for public comment February 28-March 30, 2018 – received over 12,000 public comments.

Federal agencies also provided comments.

In revising the topics and questions, USDA and HHS considered each public and agency comment in relation to the four criteria:

1. Relevance to creating the *Dietary Guidelines for Americans*,
2. Importance to public health,
3. Potential Federal impact on food and nutrition programs, and
4. Avoiding duplication of Federal efforts.

Process to Update the Dietary Guidelines: Process

Topics Areas

- Dietary and beverage patterns
- Added sugars
- Dietary fats
- Seafood
- Frequency of eating
- Focus on birth-24 months and pregnancy and lactation

Process to Update the Dietary Guidelines: Process

2020 Advisory Committee Factors Considered:

- ***Educational background*** – advanced degree in nutrition- or health-related field, including registered dietitians, nutrition scientists, physicians, and those with public health degrees
- ***Professional experience*** – at least 10 years of experience as an academic, researcher, practitioner, or other health professional in a field related to one or more of the topics to be examined; consideration of leadership experience and participation on previous committees or panels
- ***Demonstrated scientific expertise*** – expertise related to one or more of the topics to be examined by the committee as demonstrated by number and quality of peer-reviewed publications and presentations

Process to Update the Dietary Guidelines: Process

2020 Advisory Committee Factors Considered, *continued:*

- ***Obligations under the Federal Advisory Committee Act*** – ensuring the Committee is balanced fairly in points of view and types of expertise
- ***Requirements regarding a balanced membership*** – including, to the extent possible, individuals who are minorities, women, persons with disabilities, and representatives from different geographic areas and institutions.

2020 Dietary Guidelines Advisory Committee



Barbara Schneeman, PhD
University of California-
Davis
Chair



Ronald Kleinman, MD*
Harvard Medical School
Vice Chair



Jamy Ard, MD
Wake Forest School of
Medicine



Regan Bailey, PhD, MPH, RD
Purdue University



Lydia Bazzano, MD, PhD
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Carol Boushey, PhD, MPH, RD
University of Hawaii



Teresa Davis, PhD
Baylor College of
Medicine



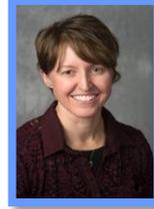
Kathryn Dewey, PhD
University of California-Davis



Sharon Donovan, PhD, RD
University of Illinois



Steven Heymsfield, MD
Louisiana State University



Heather Leidy, PhD
University of Texas
(Summer 2019)



Richard Mattes, PhD, MPH, RD
Purdue University



Elizabeth Mayer-Davis, PhD, RD
University of North Carolina



Timothy Naimi, MD, MPH
Boston University



Rachel Novotny, PhD, RDN, LD
University of Hawaii



Joan Sabaté, DrPH, MD
Loma Linda University



Linda Snetselaar, PhD, RD
University of Iowa



Jamie Stang, PhD, MPH, RDN
University of Minnesota



Elsie Taveras, MD, MPH*
Harvard University



Linda Van Horn, PhD, RDN, LD
Northwestern University

*Massachusetts General Hospital

Announced Thursday, February 21, 2019

Advisory Committee Review of Scientific Evidence

- The 2020 Committee has an unprecedented, expanded scope to examine diet and health across the lifespan, including pregnant women, infants, and toddlers, per congressional mandate.
- The 2020 Committee has been tasked with addressing a broad range of high-priority topics and an extensive number of questions that are relevant and important to the Dietary Guidelines.
 - Topics and questions were identified by USDA and HHS based on Federal agency and public input.

Advisory Committee Review of Scientific Evidence

- The 2020 Committee is working in 6 topic area subcommittees and a cross-cutting working group:
 1. Pregnancy and Lactation
 2. Birth to 24 Months
 3. Dietary Patterns
 4. Beverages and Added Sugars
 5. Dietary Fats and Seafood
 6. Frequency of Eating

Data Analysis and Food Pattern Modeling
cross-cutting working group



Approaches to Examining the Evidence

NESR Systematic Reviews

New, original systematic reviews conducted by Nutrition Evidence Systematic Review (NESR) and the 2020 Dietary Guidelines Advisory Committee, and existing NESR systematic reviews relevant to the topics and questions.

Food Pattern Modeling

Analysis that uses national data to help us understand how changes to dietary recommendations might impact meeting nutrient needs across the U.S. population.

Data Analysis

A collection of analyses that uses national data sets to help us understand the current health and dietary intakes of Americans.

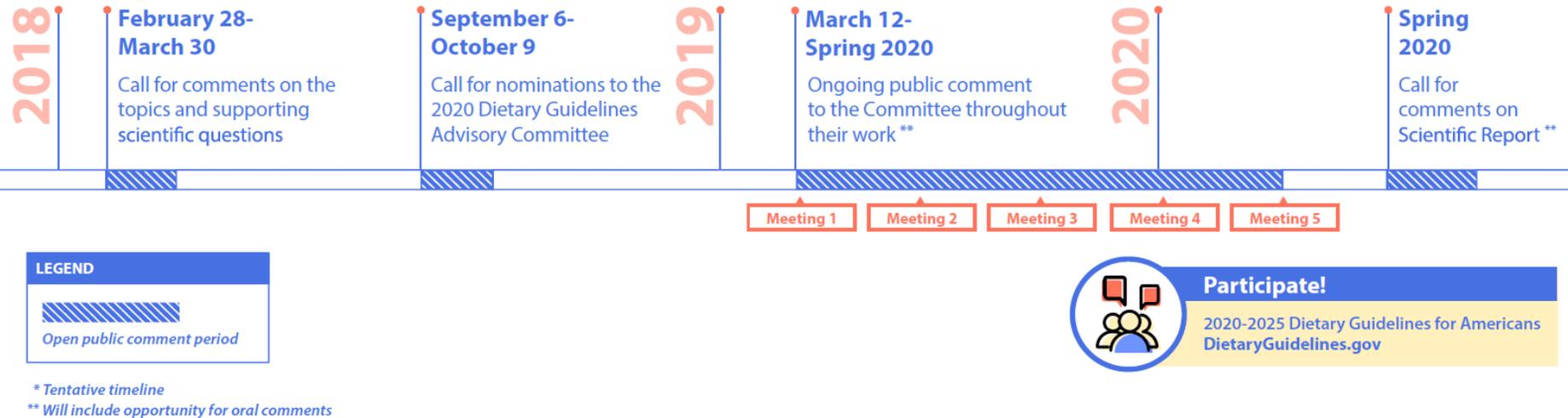


There are multiple opportunities for public participation before, throughout, and after the Committee's review of the evidence.

[DietaryGuidelines.gov](https://www.dietaryguidelines.gov)



Public Comments Accepted Throughout the Committee's Deliberations and On Their Report



Advisory Committee Meetings

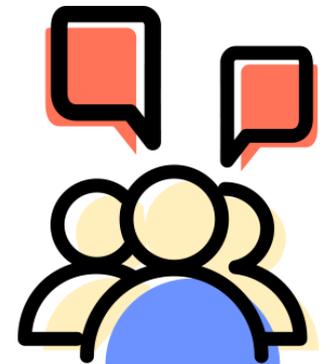
- March 28-29, 2019
- July 10-11, 2019- oral comments to the Committee
- October 24-25, 2019
- January 23-24, 2020- oral comments to the Committee
- March 12-13, 2020



The public is encouraged to submit public comments to the Committee throughout the course of its operation into 2020.

Follow the Committee's work at DietaryGuidelines.gov

- Register for meetings
- See materials from past meetings, including archived webcasts, meeting minutes, and slides
- Link to Regulations.gov to submit and view comments to the Committee
- View progress on the topics and scientific questions
- Get answers to your questions



DietaryGuidelines.gov: Work Under Way

An official website of the United States government [Here's how you know](#) ✓

DGA Dietary Guidelines for Americans

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Topics and Questions to be Examined by the Committee

Still to Come Developing the Plan Implementing the Plan Draft Conclusion

Dietary Patterns	
Status	All ages
<input type="checkbox"/>	1. What is the relationship between dietary patterns consumed at each stage of life and growth, size, body composition, and risk of overweight and obesity?
<input type="checkbox"/>	2. What is the relationship between dietary patterns consumed at each stage of life and risk of cardiovascular disease?
<input type="checkbox"/>	3. What is the relationship between dietary patterns consumed at each stage of life and risk of type 2 diabetes?
<input type="checkbox"/>	4. What is the relationship between dietary patterns consumed at each stage of life and risk of certain types of cancer?

DietaryGuidelines.gov

DietaryGuidelines.gov: Most Popular Questions

Most Popular Questions

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Have a specific question?

Click on the sections below to find answers.

- [Dietary Guidelines Process - General](#)
- [Advisory Committee Selection](#)
- [Advisory Committee Charter](#)
- [Topics and Questions](#)
- [Background](#)

Dietary Guidelines Process - General

Q: Will the process to develop the 2020-2025 Dietary Guidelines be different from previous processes? -

A: USDA and HHS plan to add some additional new steps in the process to develop the next edition of the *Dietary Guidelines* in response to the [National Academies' recommendations](#), stakeholder feedback, and our commitment to have a transparent, inclusive, and science-driven process. Many of the key steps to develop the *Dietary Guidelines* will remain. We will have an Advisory Committee. The Committee will review evidence and provide a scientific report to USDA and HHS, and USDA and HHS will then develop the *Dietary Guidelines*. Revisions to the *Dietary Guidelines* will be informed by the scientific report from the Committee and consideration of Federal agency input and public comments. Look for future announcements about the *Dietary Guidelines* on our website at [DietaryGuidelines.gov](#).

Q: Can you provide a timeline of the process to develop the 2020-2025 Dietary Guidelines? +

Q: What are the next steps? +

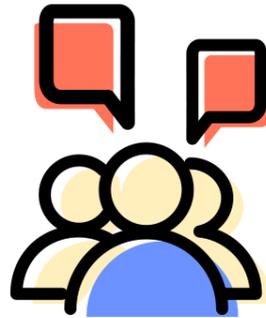
Q: What steps are USDA and HHS taking to create a more rigorous scientific process as recommended by the National Academies? +

Q: Will there be opportunities for public participation in the Advisory Committee's review of the evidence? +

Advisory Committee

Q: How do I submit a nomination for the 2020 Dietary Guidelines Advisory Committee? +

Q: What was the process USDA and HHS used to establish the Advisory Committee, including assessment of .



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